

Goodbye Sexual Boredom! 5 Questions to Ask Each Other

1. When was the last time we kissed deeply?

Sometimes, we stop kissing our long-term partners. We might give a peck to say goodnight. We might cuddle or hold hands. But we forget to make out! Make a date of kissing for the hell of kissing. To add to the fun, outlaw nudity and/or sex altogether. Limit yourselves to using only your lips and tongues. Then call it a night and go to sleep. At worst, it's a nice connection and an early night. At best, you'll be hungry for each other, and nothing kills boredom quicker than anticipation and longing.

2. What's one fantasy you have, but would never go through with, in real life?

Sometimes it's a lot of pressure to talk about fantasies because of the follow through. It's risky to share – you might not feel comfortable, they might find it boring, distasteful, or downright crazy. That's why sharing something with a caveat can take the heat off a little. Fess up to your silliest, cheesiest, scariest, most unrealistic fantasies! Come clean with your guilty pleasures. The point is to make yourself feel slightly warm in the cheeks and a little bit vulnerable. Just make sure it's reciprocal, and that you agree beforehand to be good sports with each other.

3. What limits can you impose?

Think not only what you can do for fun, think of what you can *not* do. Challenge your partner to a game – it can be over the course of a week or a month – where you make certain touch or activities out of bounds. Be ruthless! If it's a month-long game, start with no seeing each other naked for the first week, no touching of anything covered by overalls, and no kissing except for the face. Gradually add allowances and "access"... Lower legs. Shoulders. Kissing only on the back. Watch each other undress but no touching. Contact anywhere except your swimsuit bits. Save the juiciest for last, whatever's juiciest for you. Write it down, make a chart, stick to the game plan.

4. In what ways might you be turning yourself off?

To spice things up, we often jump to, "what can you do to turn me on?". While it's good to have those answers, check to see if you might be turning yourself off. Are you really open to feeling wanted? Are you in your body during sex, instead of thinking about other things? Is there actual room for great sex that doesn't cut into your sleep time or alone time? If the any of the answers is, you might need something else other than better sex. If you are over-extended, exhausted, or detached from your body, it only makes sense that you're not having great sex. Do your best to carve some space for yourself, find some quiet time if it's at all possible, and give yourself mental permission to relax into sexual sensations. Don't make sex another thing on your already overburdened list. It's better to feel a little bit than to do a lot. You'll end up more ready to connect sexually.

5. What do you want to feel?

What do you want for do?
I don't know, what do *you* want to do?

This kind of talk can downright kill your sex life. Instead of thinking about sex as a series of activities you do and positions you take, think about it instead as feelings, states of being, and experiences you can go through together. Think about your favourite sexual moments – what was it about them that really turned you on? What were you *feeling*? Were you overwhelmed and made to give up control? Were you feeling worshipped and adored? Were you powerful or powerless? Were you dainty or larger than life? Share these with your partner and go from there.